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Extreme Running

Kym McConnell, Dave Horsley

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Extreme Running Kym McConnell, Dave Horsley
Covers 24 of the most extreme foot races on the planet, such as Pike's Peak Marathon, Transalpine Run, Everest Marathon, and Antarctica Marathon

Running is an inexpensive, convenient, and increasingly popular sport, but some take it to the limit. From cold weather running in Alaska to the intense heat of the Sahara Marathon, a number of athletes choose to pit themselves against the elements. Extremes of environment, route, and geography are another challenge, from trails through dense jungle to soaring mountain ranges. The rewards are the experiences of a lifetime, the sense of having been to largely unexplored places, and the realization of unique ambitions. Never before has there been a manual to pull together all the elements of this new, but fast growing sport, touching on every aspect from lone desert running to ultramarathons. The follow-up to *Extreme Golf* and *Extreme Sailing*, this third volume is a must-have for all runners.

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